



BAKED FETA, TOMATOES AND SPINACH PANZANELLA

Prep: 45min + 2 hours marinating – Serves 2

¼ tsp fennel seeds
¼ tsp coriander seeds
1 garlic clove
a small rosemary sprig
1 ½ tbsp. olive oil
a pinch of chilli flakes
200g feta

For the tomatoes:
250g cherry tomatoes
½ tsp fennel seeds
1 tsp herbes de provence
1 tbsp olive oil
½ tbsp balsamic vinegar
a pinch of chilli flakes
salt and pepper

For the salad:
½ red onion
3 tbsp dried cranberries
2 tbsp white wine vinegar
1 ciabatta roll
15g butter
2 tbsp olive oil
1 tbsp whole almonds
100g baby spinach leaves
1 tbsp lemon juice
1 tsp sumac (optional)

1. Toast the fennel and coriander seeds in a dry frying pan until fragrant. Put into a pestle and mortar.
2. Peel the garlic clove and add to the spices, grind to a paste.
3. Take the needles of the rosemary sprig and finely chop. Add to the garlic paste with 1 tbsp olive oil and the chili flakes and stir.

4. Cut the feta in half, put into a baking dish and rub with the spice paste until all sides are covered. Cover with cling film and leave to marinate in the fridge for 2 hours.
5. After 2 hours, preheat the oven to 180°C fan.
6. Put the tomatoes into a baking dish and add all the tomato ingredients. Stir and bake in the preheated oven for 30 minutes.
7. For the salad: Finely slice the red onion and put into a bowl with the cranberries and the white wine vinegar. Mix with your hands, scrunching the onions slightly, then leave to marinate for 20 minutes.
8. Cut the ciabatta roll into bitesized chunks. Heat the butter and 1 tbsp olive oil in a frying pan and fry the ciabatta and almonds for a few minutes until browned and the bread is crispy. Season with salt, pepper and a pinch of chili flakes and set aside to cool.
9. After the tomatoes have baked for 15 minutes, remove the cling film from the feta and bake the feta and the tomatoes for another 15 minutes.
10. Just before serving: put the spinach leaves into a large bowl, add the remaining tablespoon of olive oil, the lemon juice and sumac and toss. Discard any leftover vinegar from the marinated onions and add the onions and cranberries to the salad, toss and add the bread and almonds before serving.

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